

<b>MUSCLE GAIN</b>	joe daniels	<b>Workout A</b>
Start Date 8/10 2020		<b>STATUS</b>
<b>FOCUS</b>	muscle size recomp strength	
<b>WEEK 2 WALKTHROUGH</b> click to view		
<b>MOBILITY EXERCISES</b>	<b>SYNOVIAL SUPPORT</b>	<u>SHOULDER CAR's</u>
	<a href="#">Follow Video</a>	<b>TORSO</b>
	Stick Mobility 5 minutes	<b>DAY 1</b>
	<b>Prone Thoracic Rotations</b>	
	15 e/s	
<b>HEAVY KB WORK</b>		<u>STKB GPP 1</u>
<b>MAIN KETTLEBELL WORK</b>		Pushup to clean and jerk or press 5 reps for 10 rounds
<b>FINISHERS</b>		Heavy Kb Shrugs 4x 15 reps <u>can do angled version as well</u>
		Unbroken 50 KB swings
Notes :		
ALL LINKS ARE TO VIDEOS AT <a href="https://youtube.com/swingthis1">youtube.com/swingthis1</a>		
		<b>COOLDOWN</b> STRETCH FOAM ROLL

**Workout B**

**STATUS**

1 min plank to start

HIP MOBILITY 5 min

HIP

LC or legs

**DAY 2**

Transformer squats 3/3 x 4 sets

3/3 x 4 sets

2x36kg

Heavy KB Shrug Swings

8x8

EMOM x 16 min

ODD = Snatch to OH LUNGE 3 e/s

Even= Park Swings x 6

10 somersault squats

ss with 30 second plank

5 rounds

**PRONE DEEP BREATHING**

**COOLDOWN 5 min**

**Workout C**

**STATUS**

SHOULDER CAR's

LEGS or LC/ Press

**DAY 3**

DBL Rack Squat

4x 6-8

Heavy Dead Stop (park) Swings

4x 8

Outer Limits 2 press protocol

24 min clock

Clean Strict press x 2 every 30 seconds.

alt arms each set

Unbroken 50 swings

PRONE DEEP BREATHING

COOLDOWN 5 min

**Workout D**

**STATUS**

5 Min Hip Mobility light. dont stretch far  
BACK or Accessories

**DAY 4**

Heavy One arm Angled Shrugs  
4 sets on weak side 3 on strong

Rope upright KB row or Duffin Rope Row  
3x 15

**KB Bicep Curls**

**3x 25-30 with 24kg**

Lying KB pullovers  
3x 12 reps

**COOLDOWN**  
**STRETCH**  
**FOAM ROLL**